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Research Interests

The overall goal of my research is to better understand the role of dietary and nutritional factors in the health and well-being of the aging population. Current areas of research include the investigation of health, nutrition, diet and disability patterns of elderly diverse groups; the development and application of culturally and linguistically appropriate methodologies in research with minority elderly groups, especially Hispanic elders with type 2 diabetes; and the assessment of factors making elderly groups more prone to suffer certain nutrition-related health problems and of measures that might contribute to the improvement of the general well-being of the aging population.

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